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ABSTRACT OF THE DISCLOSURE

[0049] A system and method for controlling data congestion affecting user terminals in a communications network, such as satellite terminals in a satellite communications network. The system and method employs a congestion detector adapted to determine that data congestion exists in the network which interferes with an ability of at least one user terminal to communicate in the network, and a congestion controller, adapted to control downlinking of data from the network controller to at least one select group of the user terminals and uplinking of data from at least one select group of the user terminals to the network controller, in response to the data congestion. The congestion controller and control downlinking and uplinking of data to and from the select group or groups of terminals based on criteria such as user terminals which are all located within a single uplink cell or user terminals which are located within all uplink cells in said network.